



FITNESS SCHEDULE

CLICK [HERE](#) TO RESERVE YOUR SPOT ONLINE

For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Clubhouse.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
YIN YANG YOGA WITH STEPHANIE 8:30AM - 9:30 AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM			FLOWETRY YOHA WITH KELLI 7:00PM - 8:00PM			
8	9	10	11	12	13	14
YIN YANG YOGA WITH STEPHANIE 8:30-9:30AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM			
		PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	FLOWETRY YOHA WITH KELLI 7:00PM - 8:00PM			
15	16	17	18	19	20	21
YING YANG YOGA WITH STEPHANIE 8:30 - 9:30AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM	YOGA WITH KERSTIN 7:00PM - 8:00PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
		PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	FLOWETRY YOHA WITH KELLI 7:00PM - 8:00PM	SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		
22	23	24	25	26	27	28
YIN YANG YOGA WITH STEPHANIE 8:30AM - 9:30 AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM	YOGA WITH KERSTIN 7:00PM - 8:00PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM		PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM	FLOWETRY YOHA WITH KELLI 7:00PM - 8:00PM	SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		